

Nutrition Presentations

Time frames are flexible

Healthy Eating with Diabetes

This class teaches basic information on how to eat healthier with Diabetes. General topics covered include carbohydrates, fats, proteins, portion sizes, and label reading. *This presentation lasts about 1 hour.*

Basic Healthy Eating

This class focuses on the basics of eating a healthy, well-balanced diet. Topics covered include label-reading, portion sizes, balanced food choices, added sugars, fats, and sodium. *This presentation lasts 45 minutes to 1 hour.*

Trans-fats

This presentation discusses up-to-date information on Trans-fats, including the definition of trans-fats, label-reading, food sources, and health consequences. *This presentation lasts 30 minutes.*

Eating Healthy for Weight loss

This presentation discusses a healthy eating plan. The focus is on making small changes count in a big way. Importance of maintenance of a healthy weight is stressed. *This presentation lasts 45 minutes.*

Eating on the Go

We are all busy, and this information helps you eat better while on the go. Snack, fast food, and restaurant tips are discussed. *This presentation lasts for 30-45 minutes.*

Healthy Shopping and Nutrition 101

This presentation touches on the basic principles of general nutrition-what to eat and why. Grocery shopping strategies and label reading are also discussed. *This presentation lasts 45-60 minutes.*

Be Smart for your Heart

Get a jump on healthy eating for your heart with this presentation. Topics include label reading, sodium and high blood pressure and types of fats. *This presentation lasts 45-60 minutes.*

Eating Right for Kids

Adults aren't the only ones who need better eating habits. What your children eat can affect their health in the future. Teaching kids about good nutrition can help them make better choices now...and later! *This presentation lasts 30-60 minutes.*

We can tailor our presentations to your needs! Call 502-574-5282 to discuss other options.